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# 10 Tips for Easy Breastfeeding

1. Tell **EVERYONE** in the hospital
  - you will be breastfeeding.
  - you want your baby to have **ONLY** breastmilk (no formula, water or pacifiers)
2. **ASK** someone to help you get started.
3. **NURSE EARLY!** Breastfeed within the first hour of delivery when baby is most alert.
4. **NURSE OFTEN! 8-12 times a day!** The more you nurse, the more colostrum your baby will get. Colostrum is a special “medicine” that keeps baby healthy. Remember when you nurse often you have more milk for baby and then it is easier of baby to gain weight.
5. **WATCH YOUR BABY:**
  - Baby is hungry when baby starts moving around, smacks his lips, or sucks on his hands.
  - Baby is full when baby falls asleep or spits out the nipple.
  - **Listen**, you can hear baby suck and swallow.
6. Baby is getting **ENOUGH** milk when baby has soft yellow poops several times a day and pees a lot.
7. **DRINK** when you are thirsty; eat when you are hungry. Eat your favorite foods.
8. **NAP** when baby naps. You can take baby to bed with you.
9. **CALL** a doctor, or breastfeeding counselor:
  - if baby has no poopy diapers, or less than 4 poopy diapers a day by the end of the first week.
  - if baby doesn’t have wet diapers everyday or doesn’t have 6-8 wet diapers a day by the end of the first week.
  - if baby is nursing less than 6 times in 24 hours
  - if it hurts to nurse your baby.

Call:

10. Call WIC! We want to hear all about your new baby.

**Nurse early! Nurse often!**  
**You can’t nurse too much!**

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